

## **Apple Fruit Leather**—4 Servings

**Did you know?** Making your own fruit leather is less expensive and contains just fruit...no sugar or anything else you don't want your kids to eat.

1 ½ cups applesauce (unsweetened or no sugar added)

(other fruits like cherries, peaches, pears, pineapple, plums and strawberries can be used too. Place fruit in a blender to create a puree.)

Preheat oven to 400 degrees. Spray cookie sheet with cooking spray. Spread applesauce (or other fruit puree) evenly over cookie sheet. Place in oven. Reduce oven temperature to 200 degrees. Bake about 3 hours or until applesauce isn't sticky and can be peeled off the cookie sheet. Remove from oven. Cut into 4 inch by 4 inch squares with scissors. Store in airtight container.

**Source:** [Making Healthy Lunches Your kids Won't Trade](#); by Sandra Nissenberg, M.S., R.D., and Barbara Pearl, M.S., R.D.